Being healthy is a BIG Deal!





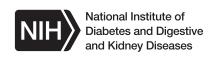




Being healthy is a big deal. Eating healthy foods and being active are good for you and your family. Here are a few tips.

- 1. Eat breakfast every day! Breakfast gives you energy. It can help you at school and at play.
 - 2. Eat healthy foods. Try fresh fruits like apples and oranges. Eat vegetables like broccoli and carrots.
 - 3. Try not to eat too much fast food, like pizza and french fries.
 - 4. Drink healthy drinks like water or milk. Try milk that is low in fat or fat-free. Try not to drink sugary drinks like soda.
 - 5. Help your family shop for food. Ask if you can help fix a meal! Remind your family that it is important for everyone to eat healthy foods.
 - 6. Get active! Turn off your TV. Take a break from video games.
 - 7. Play outside with your family, friends, or your pet. Kick a soccer ball around or jump rope. Just get moving!
 - 8. Talk to your family about being healthy and having fun.







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